

July is UV Safety month!

This UV Safety Month serves as a reminder for all Floridians and visitors to protect themselves from harmful ultraviolet (UV) rays that can cause damage to your skin and cause skin cancer.

There are two common types of skin cancer, basal cell and squamous cell carcinomas, are curable. Melanoma is less common but is more dangerous and can sometimes result in death. These three types of skin cancer are mostly caused by overexposure to UV light.



**When the
Sun's Up,
Make Sure
You are
Covered Up!**

Getty



The department recommends the following tips to enjoy the Florida sunshine safely:

- Always use broad spectrum (blocks UVA and UVB rays) sunscreen with an SPF higher than 15 if you are outside, and reapply every two hours or after contact with water;
- Seek shade when the sun is strongest;
- Wear hats and other protective clothing;
- Wear sunglasses that block UVA and UVB rays; and
- Avoid indoor tanning.

Protecting yourself from harmful UV light is important year-round, especially in Florida. Make sure you are protecting yourself and your loved ones from this common but potentially serious type of cancer.

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Leslene E. Gordon, PhD, RD, LD/N
Community Health Director

Identifying Our Priorities

According to Will Rogers, "The best doctor in the world is the veterinarian. He can't ask his patients what is the matter— he's got to just know." Well, we are not veterinarians and we have people as patients. So, how do we determine what the patient, client or (even more broadly) the community needs? We ask.

It gets interesting if you're in a public health or a community-focused setting where the whole community is your patient. But even here, the same rule applies. If we want to understand what our community needs, we must ask. We in public health don't assume that we know what is needed by the community we serve without asking the community and gathering all the relevant data. Just as a doctor wants to see the lab results, we want to look at health indicators and talk with those for whom we are providing services. Our process is described as a community health assessment. Just as there are set time frames that patients must see their doctors (an annual checkup, for example), we also have a set time frame to give our community a checkup—every five years. Why five years instead of one? Well, this allows us time to see the impact of previously established interventions, the process requires significant resources and some health indicators are more meaningful when measured over a longer period of time.

The Hillsborough County Health Department is currently working with our local hospitals and other partners to complete a community health assessment. This will help us to identify what community health issues exist. But we can't fix everything. So, in late July, we will engage stakeholders from various sectors in a process of prioritizing the identified health issues to inform our community health improvement plan. We are looking forward to sharing that information with members of the community and gathering feedback before establishing action plans.

So, this is intended as a "heads up." Please be responsive in participating as we promote these opportunities for community and stakeholder feedback. Going back to our previous doctor and patient analogy, your doctor is not being helpful if you have a headache and he treats you for stomach pains. We want to get this right. We will be seeking input on our priorities through publications and discussions in the community. Note that we want to partner with you to make your priorities our priorities. Please stay tuned and feel free to contact us if you want to become more involved in this process.

Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov

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Nutrition Recipe: Fish Veracruz



Nutrition Info	
Calories	160
Total Fat	4g
Sodium	160mg
Carbohydrates	8g
Dietary Fiber	2g
Protein	24g

Ingredients

- 2 pounds fish, white fish, firm flesh fillets (such as tilapia, cod, sole, pollock or halibut)
- 1 small onion(s) peeled and sliced
- 2 cup(s) salsa, fresh or pico de gallo
- 1 tablespoon capers
- 1/4 cup(s) lime juice
- 1 small pepper(s), green, bell seeded and cut into strips
- 1/2 cup(s) tomato sauce, no added salt
- 4 tablespoon cilantro, fresh chopped, or 4 teaspoons dried cilantro
- 1/2 tablespoon oil, canola
- 1/4 cup(s) pepper(s), jalapeno seeded and sliced
- 1/2 cup(s) olives, ripe sliced
- 1 medium lime(s) cut into 8 wedges

Instructions

Serves 8

- Arrange fish in a 9-by-13-inch baking pan. Sprinkle with lime juice. Cover and refrigerate for at least 20 minutes.
- Preheat oven to 425 F. Heat oil in a large, nonstick skillet over medium-high heat. Add onion, bell pepper and jalapeno pepper. Cook and stir occasionally for 2 minutes or until vegetables are tender, yet crisp.
- Stir in salsa, tomato sauce, olives and capers. Bring to a boil. Reduce heat and simmer for 1 minute.
- Pour the sauce over the fish and bake in the preheated oven for about 20 minutes or until fish flakes easily with a fork.
- Remove fish and vegetables from the pan with a slotted spatula. Serve with cilantro and lime wedges.

Health Equity Spotlight

In June, staff from the Office of Health Equity presented at a National Environmental Health Association training in Tampa on Health in All Policies (HiAP). This is an approach to decision-making by organizations to consider how policies, plans and programs will impact human health. Decisions in transportation, planning, education, housing, and other sectors can affect long-term economic opportunities of communities, social cohesion, individual mental health, chronic diseases like obesity, diabetes, and asthma, and even length of life. Key principles of HiAP include: promoting health equity and sustainability; supporting inter-sectoral collaboration; benefitting multiple partners; engaging stakeholders; and creating structural or procedural change. Delivering training to local health departments and county staff is one of the ways our agency is encouraging a Health in All Policies approach.



August is National Breastfeeding Month



This August, the Florida Department of Health is celebrating National Breastfeeding Awareness month and World Breastfeeding Week (August 1 -7). Both of these annual milestones highlight the benefits that breastfeeding can bring to both the health and welfare of babies, as well as a wider push for maternal health, focusing on good nutrition, poverty reduction and food security.

The theme for 2019 World Breastfeeding Week—Breastfeeding: Foundation of Life – focuses on promoting breastfeeding as a solution that levels the playing field, giving everyone a fair start in life. It improves the health, wellbeing and survival of women and children across Florida.

How to feed a new baby is one of the first important decisions a family has to make, and most women who choose to breastfeed have a specific goal in mind.

Research shows:

- Breastfed infants have a reduced risk of infections, asthma, obesity and SIDS compared with formula-fed infants;
- Mothers who breastfeed have a reduced risk of breast cancer, ovarian cancer and postpartum depression compared to mothers who don't breastfeed; and
- It's estimated that \$13 billion in healthcare costs would be saved per year if 90 percent of U.S. infants were breastfed exclusively for six months.

The department is also working to promote breastfeeding as a vital health activity, and encourages breastfeeding-friendly hospitals, child care facilities, work places and communities.

The Florida Department of Health's Women, Infants, and Children (WIC) offices in each county also offer resources and staff to help breastfeeding mothers. WIC offices may also have International Board Certified Lactation Consultants who have a high level of specialized knowledge in breastfeeding to assist clients during their Breastfeeding Peer Counseling Programs. The trained peer counselors are chosen from the same socio/economic/ethnic groups as WIC clients and have successfully breastfed their own babies. Breastfeeding counselors provide mother-to-mother basic breastfeeding education and support to pregnant and breastfeeding moms. WIC also supports breastfeeding through the breast pump loan program.

For more information about the Florida WIC program call 1-800-342-3556 or visit www.FloridaWIC.org. To learn more about National Breastfeeding Month and the benefits of breastfeeding visit www.usbreastfeeding.org, www.Illi.org or www.flbreastfeeding.org.

Stress relief from laughter? It's no joke!

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why.

Whether you're guffawing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.



A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

- Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.
- Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.

Improve your sense of humor

Are you afraid you have an underdeveloped — or nonexistent — sense of humor? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

- Put humor on your horizon. Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office. Keep funny movies, books or comedy albums on hand for when you need an added humor boost. Look online at joke websites. Go to a comedy club.
- Laugh and the world laughs with you. Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.
- Consider trying laughter yoga. In laughter yoga, people practice laughter as a group. Laughter is forced at first, but it can soon turn into spontaneous laughter.
- Share a laugh. Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.
- Knock, knock. Browse through your local bookstore or library's selection of joke books and get a few rib ticklers in your repertoire that you can share with friends.

Know what isn't funny? Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad, or hurtful, one.

Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.



Hurricane season is upon us! Are you prepared?! A hurricane is an intense tropical storm with powerful winds and heavy rain. Make sure you have all the necessary items!

8 TIPS to make sure you are HURRICANE READY.



1 Water

Purchase enough bottled water to last your family several days. One person needs at least ½ gallon per day.

2 Food

Store at least 3-5 days of non-perishable food such as peanut butter, tuna, canned beans, cereals, protein bars, dried fruits, etc.

3 Gasoline

Make sure to fill your car up with gasoline a day or 2 before the impending storm. Don't forget about filling your gas can for your generator too.

4 Cooler

If the power does go out, keep a cooler on hand to make sure your food and medications are cold until the power returns.

5 Medications

Make sure you have plenty of your prescription medications on hand as the pharmacies may be out of stock for a couple of weeks after a storm.

6 Flashlights/Batteries Weather Radio

In the event that your power goes out, make sure you have a flashlight for each person. Store enough batteries (for flashlights, weather radios, etc.) to power your necessities for at least 3 days. Finally, a weather radio is a very valuable piece of equipment that every family should have no matter where you live.

7 Disposable Items

Make sure you have things like paper plates, plastic utensils, diapers, paper towels, toilet paper, garbage bags, etc.

8 Comfort Items

To pass the time, make sure you have books, magazines, cards, board games, etc. Also, keep your children's comfort items close by. It is nice to have something to keep them calm and busy.

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TREE TRIMMING 101



Trees improve your home's appearance, enhance its value, shelter wildlife, and provide protection in a storm.

It's important to think about them, especially with the approach of hurricane season.

Here are steps that Hillsborough County residents and business owners can take now to ensure their canopy

provides years of praise, comfort, refuge, and security:

Do needed work before storm season. When a tropical weather system is approaching the coast, it's too late. Also, it's advisable to take care of your canopy before it flourishes with new growth during the summer rainy season.

Right Tree, Right Place. Before planting a tree, make sure it is a sturdy, wind-resistant species. Consider how much space it will take when fully grown. Place a tree where it will thrive without posing a danger to structures or other vegetation.

Tour your yard. Look for dead or broken trees and limbs, cracks or signs of decay in trunks, and limbs growing at odd angles. Are the tops of your trees healthy and lush with new growth?

Inventory your trees. There are about 200 species of trees in Hillsborough County. What's on your property? Identify natives and exotics, particularly those that may be invasive or susceptible to damage in high winds. Keep in mind that a tree removal permit may be required for removal.

Prune, trim as needed. Don't overdo it. Randomly cutting back or "topping" a tree does more harm than good. Hire an arborist for the big stuff. Arborists have expertise, equipment, trained workers, and insurance to do a job correctly.

Plant young trees. You might have a splendid canopy of mature trees at the moment, but if they're all about the same age, eventually the canopy will be gone. Consider having a succession plan. Planting young trees ensures your canopy will continue to thrive.

INFANT FEEDING IN DISASTERS AND EMERGENCIES

Breastfeeding and Other Options

In a Disaster or an Emergency

- There may be no clean drinking water.
- There may be no sterile environment.
- It may be impossible to ensure cleaning and sterilization of feeding utensils.

The cleanest, safest food for an infant, in disasters or emergencies, is human milk.

- It is nutritionally perfect.
- It is readily available without dependence on feeding supplies.
- It is protective against diseases, especially diarrhea and respiratory infections.
- It is the right temperature and helps to prevent hypothermia.
- Hormone release during breastfeeding helps relieve maternal stress and anxiety.

Disadvantages of Formula Use During Disasters or Emergencies

- It may not be available.
- It may become contaminated if prepared with unclean water or stored in non-sterilized containers, or if refrigeration is not available for storage.
- Errors in formula preparation may occur.

Pediatricians can take action to support breastfeeding during a disaster or an emergency.

1. Keep families together.
2. Create safe havens for pregnant and breastfeeding mothers. These havens should provide security, counseling, water, and food. Pediatricians can contribute using offices, hospitals, or other shelters.
3. Assure mothers that human milk can contribute significant nutrition in the absence of safe complementary foods for the first year of life and beyond.
4. Advocate for optimal feeding options for orphaned infants, including HIV-negative donor human milk.
5. Assist new mothers to initiate breastfeeding within 1 hour of birth, promote exclusive breastfeeding for about 6 months, and encourage breastfeeding for at least 1 year or longer.
6. Provide support for breastfeeding through assessment of the infant's and mother's hydration and nutritional status. If abnormal, increase breastfeeding frequency for the infant and increase nutritional support of the mother. Extra food should be provided for all pregnant and lactating women.
7. In situations where the mother's own milk is not available, the best option is donor human milk. While pasteurized donor milk from a regulated milk bank is preferred, it is often not available during a disaster. If formula is given, recommend ready-to-feed



standard formula. Use concentrated or powdered formula only if bottled or boiled water is available.

8. Lactating women may be immunized as recommended for adults and adolescents to protect against measles, mumps, rubella, tetanus, diphtheria, pertussis, influenza, *Streptococcus pneumoniae*, *Neisseria meningitidis*, hepatitis A, hepatitis B, varicella, and inactivated polio.
9. If radiation exposure is a concern
 - a. Women exposed to radiation should temporarily cease breastfeeding unless no other source of feeding is available for the infant. Mothers should be advised to pump and discard their milk until the infant can resume breastfeeding.
 - b. If breastfeeding is interrupted, human milk that was pumped and stored prior to the exposure or ready-to-feed formula is preferred. Powdered or concentrated formula should only be used if the water used to reconstitute is free from radiation.
 - c. Breastfeeding can resume when advised by local health officials or when the mother and infant have been evacuated to an environment free from radiation exposure.
 - d. Breastfeeding should not need to be interrupted if appropriate doses of potassium iodide are given to the mother and infant at the appropriate time, as advised by local health officials.
10. Refer to www.cdc.gov for more information about precautions for lactating women involving specific diseases and treatments and to LactMed (<http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>) for information on medications and lactation. It is important to reassure mothers that most medications are compatible with breastfeeding, including antibiotics.
11. Advocate for breastfeeding promotion, protection, and support with relief agencies and workers. Infant feeding practices and resources should be assessed, coordinated, and monitored throughout the disaster.

For more information, please call or e-mail American Academy of Pediatrics Breastfeeding Initiatives at 800/433-9016 or lactation@aap.org.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The **ABC's** of Safe Sleep for Babies:

ALONE,

On my **BACK,**

In my own **CRIB.**



Florida**HEALTHy**babies

Principios básicos del sueño seguro para los bebés:

SOLO,

Boca **ARRIBA,**

En su **CUNA.**

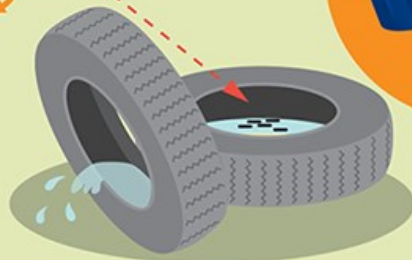
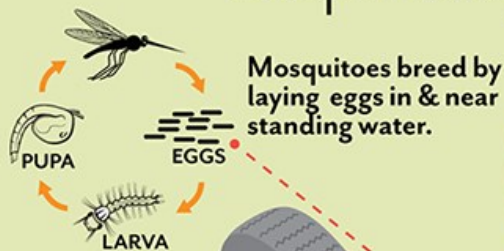


Florida**HEALTHy**babies

Keep mosquitoes **outside**



Stop mosquitoes from **breeding**



As little as one teaspoon or bottle cap of water standing for more than one week is enough for mosquitoes to breed and multiply.

At your house or business:
Put away items that are outside and not being used because they could hold standing water.



In your garden:
Keep flower pots and saucers free of standing water. Some plants, such as bromeliads, hold water in their leaves—flush out water-holding plants with your hose once a week.



Around all buildings:

At least once a week, empty, turn over or cover anything that could hold water:

- tires
- buckets
- toys
- pools & pool covers
- birdbaths
- trash, trash containers and recycling bins
- boat or car covers
- roof gutters
- coolers
- pet dishes





Mosquito Bite Protection in Florida

FloridaHealth.gov • Florida Department of Health

Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. Some mosquito species bite during the day, such as those mosquitoes that can spread chikungunya, dengue and Zika viruses. Other species of mosquitoes bite most often at dawn and dusk, including those that can transmit West Nile virus.

Mosquitoes can live indoors and will bite at any time, day or night.



Use Environmental Protection Agency (EPA)-registered insect repellents

Wear repellent when you are outdoors. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- Do not spray repellent on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellents if applied according to package label instructions.
- Learn more: www2.epa.gov/insect-repellents.



USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS



BRAND EXAMPLES*
Overseas brand names may vary.

DEET →→

Off!, Cutter, Sawyer, Ultrathon

Picaridin (KBR 3023), Bayrepel and icaridin →→

Skin So Soft Bug Guard Plus

Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) →→

Repel

IR3535 →→

Skin So Soft Bug Guard Plus Expedition, Skin Smart

Higher percentages of active ingredient=longer protection

Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

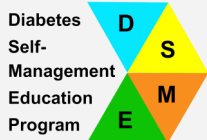
The Florida Department of Health in Hillsborough County has [FREE](#) health education programs. If you are looking for a way to help you be a healthier, call **813-307-8071 to register!**

BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to reduce their risk for complications.

Up coming classes:

July 2, 2019	Tuesday	10:30—11:30 am	South Tampa area
July 11, 2019	Thursday	2—3 pm	West of Seminole Heights area
July 15, 2019	Monday	11—12 pm	Riverview area



Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through

Up coming classes:

July 23, 2019	Tuesday	10:30—12 pm	Plant City area [Spanish-speaking]
July 24, 2019	Thursday	10:30—12 pm	Lowry Park North area [Spanish-speaking]
July 30, 2019	Tuesday	10:30—12 pm	College Hill area
August 7, 2019	Wednesday	10:30—12 pm	Brandon area
August 12, 2019	Monday	10:30—12 pm	South Tampa area



The Diabetes Prevention Program

This program can help anyone who is overweight— pre-diabetic or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active and other coping skills for a healthy lifestyle change.

Up coming classes:

July 1, 2019	Monday	10—11 am	Sulphur Spring area
July 17, 2019	Wednesday	2—3 pm	Plant City area

Get Into Fitness Today!



In 6 or 12 weeks participants learn about healthy eating, physical activity and ways to live a healthier life.

Up coming classes:

Call to know about our upcoming classes!

Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed for ages 5-9 to encourage children to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year old's in the program!



Up coming classes:

Call to know about our upcoming classes!

The Florida Department of Health in Hillsborough, Florida Breast and Cervical Cancer Early Detection Program

We offer **FREE** mammogram & pap smear testing! For more information and to schedule an appointment, call **813-307-8082**

Upcoming mobile mammography:

Tampa Family Health Center

To schedule and appointment, call **813-284-4529**, Sophia



Florida KidCare, the state of Florida health insurance for children (birth through age 18, even if one or both parents are working. To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: www.floridakidcare.org.

FL  **rida KidCare**

PARKS AND RECREATION:

Hillsborough County Parks, Recreation, and Conservation..... www.hillsboroughcounty.org/
 Plant City Parks and Recreation..... www.plantcitygov.com/
 Tampa Parks and Recreation..... [www.tampagov.net/dept parks and recreation/](http://www.tampagov.net/dept_parks_and_recreation/)
 Temple Terrace Parks and Recreation..... www.templeterrace.com/
 Farmers Markets around Hillsborough County..... www.american towns.com/fl/hillsborough-county-local-food

Do you ever wonder how healthy your community or state is? How does your own health status look compared to the rest of Floridians? If you are interested in statistics and data, Florida Charts is a great resource that paints an accurate picture of the health status of our state— with factual information. The website has been updated with a new look. Twelve years ago, the site was founded and continues to provide the most up-to-date health statistics you'll find in Florida. Each month, over 24,000 visitors generate over 1 million hits to the 3,500 health indicators, 19 health profile reports and 10 query systems in FLHealthCHARTS. Be sure to bookmark the new site: www.FLHealthCHARTS.com.



MAIN OPERATOR

& Director's Office 307-8000

COMMUNITY HEALTH

Community Health Director **307-8071**
 Epidemiology..... **307-8010**
 Health Education..... **307-8071**
 Breast/Cervical Cancer **307-8082**
 Diabetes **307-8071**
 Florida KidCare **307-8082**
 Weight Management..... **307-8071**
 Health Literacy **307-8071**
 Insulin Program **307-8082**
 Lead Poisoning Prevention **307-8071**
 School Health..... **307-8071**
 Sterilizations..... **307-8082**
 Office of Health Equity **307-8066**

* All numbers are area code (813) unless otherwise indicated.

CONTACTS

DISEASE CONTROL

HIV/AIDS Specialty Center..... **307-8064**
 Immunizations..... **307-8077**
 Sexually Transmitted Diseases..... **307-8058**
 Anonymous Testing..... **307-8058**
 Tuberculosis (TB)..... **307-8047**

ENVIRONMENTAL HEALTH 307-8059

HUMAN RESOURCES 307-8031

NUTRITION/WIC 307-8074

PHARMACY

(HIV/AIDS care clients only) **307-8072**

PUBLIC HEALTH

PREPAREDNESS 307-8042

PUBLIC INFORMATION OFFICER 307-8044

VITAL STATISTICS..... 307-8002



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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